



# Learning in Fitness and Education through Sports (LiFE Sports)

## Purpose

The Learning in Fitness & Education through Sports (LiFE Sports) is a university-wide Initiative that aims: ***“to enhance the quality of youth development, sport, and recreational programs through service and outreach, teaching and learning, and research, thereby increasing positive developmental outcomes for youth.”*** LiFE Sports has been in operation since 2008 and serves as one of the most comprehensive, emergent university-wide Initiatives at The Ohio State University.

## Impact

As part of LiFE Sports service and outreach focus, youth from economically disadvantaged circumstances participate in sport and social skill instruction during a one-month summer camp, as well as engage in follow-up booster clinics year round. From 2009-2013, LiFE Sports served 2,853 youth ages 9-15 in the summertime, engaged 145 youth ages 16-18 in its Youth Leadership Academy, provided over 1100 health physicals, offered 24 sports clinics attended by 878 youth participants, and organized 4 college/career days.

During the past four years, LiFE Sports provided hands-on experience to 231 OSU students. Specifically, 168 OSU students from at least 23 different majors were employed by LiFE Sports and 63 students completed internships.

Research on LiFE Sports is documented in seven journal articles and several book chapters; and is informing youth development programs and practices across the world. LiFE Sports was awarded the National Summer Learning Award in 2010.



## Ohio State Colleges/Units Involved

College of Social Work  
Department of Athletics  
Department of Recreational Sports  
Office of Outreach and Engagement  
College of Education and Human Ecology  
College of Nursing  
College of Dentistry  
Undergraduate Admission and First Year Experience  
Office of Student Life  
College of Public Health  
Nationwide Children's Hospital  
College of Food, Agricultural and Environmental Sciences

## Community Partners Involved

Boys and Girls Club of Columbus  
Cardinal Health  
Columbus City Schools  
After School All-Stars  
I Know I Can  
YMCA of Central Ohio  
Shalom Zone  
Illinois State University  
Columbus Crew  
Ohio Child Care Resource and Referral Association (OCCRA)  
United Way of Central Ohio

## Contact

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LEARNING IN FITNESS AND EDUCATION